

Spanish Frittata (CNPP)

Cook time: 30 minutes

Makes: 4 Servings

This versatile recipe combines eggs, potatoes, and onion going from stovetop to oven for the finishing touch. Cut into wedges as part of a delicious breakfast, brunch or any meal.

Ingredients

- 2 russet potatoes (scrubbed)
- 6 eggs
- 2 **teaspoons** vegetable oil
- 1 medium yellow onion (peeled and chopped)
- 1/2 **teaspoon** Kosher salt
- 1/4 **teaspoon** black pepper

Directions

1. Preheat the oven to 400 degrees.
2. Put the potatoes in a non-stick skillet on the stove and cover with cold water. Turn the heat to medium-high and cook about 15 minutes until the potatoes are easily pierced with a knife.
3. Drain the potatoes well and set aside to cool. Then peel and cut into 1-inch cubes.
4. Put the eggs, salt, and pepper in the bowl and mix well with a whisk.
5. Return the skillet on the stove and turn the heat to medium-high. Add the oil. Add onion and cook about 5 minutes until soft. Add the cubed potatoes.
6. Pour the egg mixture over the potatoes and onions. Press



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	268	
Total Fat	9 g	14%
Protein	12 g	
Carbohydrates	35 g	12%
Dietary Fiber	5 g	20%
Saturated Fat	2 g	10%
Sodium	395 mg	16%

MyPlate Food Groups

Vegetables	1 cup
Protein Foods	1 1/2 ounces

down with a spatula to make an even layer and shake gently to prevent sticking. Lower to medium heat and cook about 7 minutes.

7. Transfer the skillet to the oven and cook until the frittata is completely set, about 5 minutes.
 8. Gently loosen frittata from the pan. Place a serving plate over the skillet and carefully invert the frittata onto the plate.
 9. Slice into 4 wedges. Serve warm.
- USDA Center for Nutrition Policy and Promotion